

# Strength and Conditioning Coach

**Job Title:** Strength and Conditioning Coach

## **Job summary:**

**Join the Northern Blues Football Club high performance team as a Strength and Conditioning Coach**

### **About the Northern Blues Football Club**

Northern Blues Football Club is part of the Victorian Football League and is the AFL affiliate of the Carlton Football Club.

The Northern Blues works closely with Carlton in the development of [its](#) young players and provides opportunities for senior players to mentor and support the VFL players.

Founded in 1882, the Club has a rich history associated with some of the game's greats. With a proud history as the Bullants, Northern now runs out in Carlton's famous Navy Blue but continues to honour its Preston past.

## **Job details:**

Northern Blues Football Club is seeking a Strength and Conditioning Coach to join the high performance team.

This casual position is responsible for the delivery of the physical preparation program for Northern Blues-listed players. The main objective of the role is to ensure all players are physically prepared to withstand the demands of a VFL season and enable them to perform at the highest level.

Reporting to the High Performance Manager and the Head Physiotherapist, the successful candidate will have previous coaching experience in the fields of conditioning, rehabilitation and strength training. Additionally, the candidate will have excellent relationship building, interpersonal and communication skills.

The Strength and Conditioning Coach will play a key role in supporting the High Performance Manager and Head Physiotherapist in working across the physical preparation and 'return to play' areas of the high performance department.

The successful candidate will need to be available to work outside of regular work hours including weekends and evenings and at various locations. Attendance at all training sessions and matches is expected.

Honorary remuneration is provided for this position.

### **Specific training and match responsibilities include, but not limited to:**

- Design and implementation of strength and rehabilitation programs for Northern Blues players
- Coordination and coaching of the playing group during strength and rehabilitation sessions
- Contribute to high performance meetings, advising when players are ready to return from injury and reintegrate into training and match play
- Ensuring body composition is tracked for each individual player and progress towards goals are being made
- Ensuring players receive programs throughout all phases of year including Christmas break and 2020 off-season period
- Conduct strength testing at regular intervals to ensure individual player progress and evaluate/review programs
- Conducting team warm ups and conditioning sessions during field sessions
- Mentoring and supervision of interns where necessary
- Close and accurate load monitoring
- Manage player rotation software on game day
- Act as High Performance Manager when required
- Ensuring all players are held accountable to team values

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- Ensuring the Carlton Football Club facilities are used to a professional standard, and kept clean and tidy at all times

## About You:

### Qualifications, knowledge and skills

#### Essential:

- Bachelor of Exercise and Sports Science
- ASCA Level 2 Strength and Conditioning Coach
- Two years experience working with sub-elite football athletes in fields of strength, conditioning and rehabilitation

### How to apply

- Please submit a CV and cover letter via email to: [admin@northernbluesfc.com.au](mailto:admin@northernbluesfc.com.au)
- Applications close **Thursday 31 October 2019**
- Applications will be actively reviewed, and candidates may be contacted prior to the closing date

**The Northern Blues Football Club is an Equal Opportunity employer and we welcome applicants from a range of backgrounds and with skills and experiences suitable for this role.**